

Crunchy Hawaiian Chicken Wrap

Meal Components: Vegetable - Dark Green, Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

Sandwiches, F-12r

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|---------------------------|-------------|--------------|--------------|--------------------|---|
| | Weight | Measure | Weight | Measure | |
| Light mayonnaise | 1 lb | 2 cups | 2 lb | 1 qt | 1. To make dressing, combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, garlic powder, and chili powder. Mix well. Refrigerate at 40 °F. |
| White vinegar | | 1 1/2 cups | | 3 cups | |
| Sugar | 1 lb | 2 cups | 2 lb | 1 qt | |
| Poppy Seeds | | 2 Tbsp 2 tsp | 2 1/2 oz | 1/4 cup 1 1/3 Tbsp | |
| Onion powder | | 1/4 cup | 2 oz | 1/2 cup | |
| Garlic powder | | 1/4 cup | 2 oz | 1/2 cup | |
| Chili powder | | 1/4 cup | 2 oz | 1/2 cup | |
| *Fresh broccoli, shredded | 3 lb | 1 gal | 6 lb | 2 gal | 2. Combine broccoli, carrots, spinach, and pineapple. Mix in dressing and chicken. |

| | | | | | |
|---|-----------|-----------------------------|------------|-----------------------------|---|
| *Fresh baby spinach, chopped | 12 1/2 oz | 1 qt 1 cup | 1 lb 9 oz | 2 qt 2 cups | |
| Canned crushed pineapple, in 100% juice, drained | 1 lb 5 oz | 2 1/2 cups (1/4 No. 10 can) | 2 lb 10 oz | 1 qt 1 cup (1/2 No. 10 can) | |
| Frozen, cooked diced chicken, thawed, 1/2" pieces | 6 lb 8 oz | 1 gal 1 1/4 qt | 13 lb | 2 gal 2 1/2 qt | |
| Whole-wheat tortillas, 10" (1.8 oz each) | | 50 | | 100 | <p>3. Portion filling with No. 6 scoop (M cup) onto center of each tortilla. Roll in the form of a burrito and seal. Cut diagonally in half.</p> <p>4. Critical Control Point: Hold for cold service at 41 °F or lower.</p> <p>5. Serve 1 wrap (two halves).</p> |

Notes

Our Story

Mount Lebanon Elementary School is located in beautiful, historic Pendleton, South Carolina. For this competition, their "Healthy Kids Committee" worked diligently to develop, test, and prepare a recipe. The team tested the recipe and served it to a small group of students. To narrow down the choices, this wrap was cooked once with fish and once with chicken. The students were split half and half on which one they liked the best. The team chose chicken. Their creation, Crunchy Hawaiian Chicken Wrap, was so popular that it is currently featured on the Mount Lebanon Elementary School menu. As the name suggests, Crunchy Hawaiian Chicken Wrap is deliciously crunchy with a refreshing hint of tropical sweetness that kids find irresistible.

Mount Lebanon Elementary School

Pendleton, South Carolina

School Team Members

School Nutrition Professional: Vikki Mullinax

Chef: Loretta Arnold-Hayes (Owner and Chef, 1826 On The Green)

Community Member: Kristi Martin (School Nurse)

Student: Chandler W.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

May prepare filling 1 day ahead for flavors to blend.

Suggestion: Keep wraps and filling separate and assemble at time of serving to prevent tortillas from getting soggy. Or serve slaw/chicken mixture and tortilla separately and allow kids to build their own.

1/2 wrap (one half) provides 1 oz equivalent meat, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

| Marketing Guide | | |
|-----------------------|-------------|-------------|
| Food as Purchased for | 50 Servings | 50 Servings |
| Broccoli | 3 lb 12 oz | 7 lb 8 oz |
| Carrots | 2 lb 8 oz | 5 lb |
| Baby spinach | 15 oz | 1 lb 14 oz |

| Serving | Yield | Volume |
|---|---|--|
| 1 wrap (two halves) provides 2 oz equivalent meat, 1/4 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 3/4 oz equivalent grains. | 50 Servings: about 16 lb 100 Servings: about 32 lb | 50 Servings: about 2 gallons 50 wraps 100 Servings: about 4 gallons 100 wraps |

| Nutrients Per Serving | | | | | |
|-----------------------|------|---------------|---------|---------------|--------|
| Calories | 308 | Saturated Fat | 2 g | Iron | 4 mg |
| Protein | 24 g | Cholesterol | 53 mg | Calcium | 83 mg |
| Carbohydrate | 42 g | Vitamin A | 3845 IU | Sodium | 408 mg |
| Total Fat | 6 g | Vitamin C | 27 mg | Dietary Fiber | 5 g |